



# Mental Health Carers Groups

Are you caring for someone with a mental health condition? Would you like to meet other carers for support? All our groups are facilitated by the Somerset NHS Foundation Trust Mental Health Carers Support Service. Please contact the organiser before attending in case of any changes and to ensure we can look out for you to welcome you in.

## Support groups for Carers of Adults with Mental Health Conditions

Where?	When?	Contact
Mendip Mental Health Carers Group Tor Sports and Leisure, Glastonbury	2 <sup>nd</sup> Thursday of every month 2.00pm - 4pm (mixed group)	Jen Kennedy 07738 898774 Ali Pomeroy 07500 991712
Taunton Carers Group Wellsprings Community Church	1st Wednesday every month 11am -1pm	Kirsti Adams 07423 734646
Taunton Carers Craft Wellsprings Community Church	4 <sup>th</sup> Wednesday every month 11am – 1pm	Kirsti Adams 07423 734646
Wellington Carers Group Wellington Community Hospital	4 <sup>th</sup> Wednesday every month 2pm – 3.30pm	Kirsti Adams 07423 734646

## Support Groups for Carers of Older People with Mental Health Conditions (Including Dementia)

Where?	When?	Contact
Frome Memory Carers Rosetti House	Once a month on a Wednesday, please contact for date 1 – 2.30pm	Jen Kennedy 07738 898774
Taunton Carers Group Wellsprings Community Church	1st Wednesday every month 11am -1pm (mixed group)	Kirsti Adams 07423 734646
Wellington Carers Group Wellington Community Hospital	4 <sup>th</sup> Wednesday every month 2pm -3.30pm (mixed group)	Kirsti Adams 07423 734646

## Support Groups for Parent Carers of Children/Adolescents with Mental Health Conditions

Where?	When?	Contact
CAMHS West Support Group Contact for Venue	Last Friday of the Month 12pm -1pm	Janette Baker 07771 810499

## Carers Involvement Group

The purpose of this group is to promote change countywide on a range of issues affecting mental health carers and gain the views of carers on current and future mental health services in Somerset.

Tor Sports and Leisure, Glastonbury Or Online via MS Teams	Bimonthly Wednesdays 10-12 Please contact for next date	Samantha Pike 07810186741
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